

HONEY GINGERED SALMON



INGREDIENTS

- ½ cup orange juice
- 1/3 cup honey
- 2¼ teaspoons grated ginger, fresh
- 1 large garlic clove, crushed
- 4 salmon filets (4 oz. each)

PREPARATION

1. Preheat oven to 375° F.
2. Line baking pan with parchment paper.
3. In a small pan, over medium heat, combine the orange juice, honey, ginger, and garlic and bring to a boil.
4. Reduce heat to low and simmer for 5 minutes, or until the mixture has thickened to a syrupy consistency.
5. Place salmon on the parchment-lined baking pan.
6. Spread half the glaze on top of the salmon filets.
7. Bake for 8 to 10 minutes.

Optional: Use the remaining glaze to serve over the salmon.

Makes: 4 servings
Serving Size: 1 filet

Nutrition Information:

Calories: 192, Total fat: 3 g,
Sat fat: 0.5 g, Cholesterol:
45 mg, Sodium: 257 mg,
Total carbohydrate: 52 g,
Dietary fiber: 0 g, Sugars:
24 g, Protein: 19 g

